

# Creamy Cole Slaw

Meal Components: Vegetable

Salads, E-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh green cabbage, chilled, shredded	3 lb 11 oz	1 gal 2 qt	7 lb 6 oz	3 gal	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	
*Fresh green peppers, chopped or diced (optional)	2 ½ oz	½ cup	5 oz	1 cup	2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
Reduced calorie salad dressing	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
Sugar		2 Tbsp		¼ cup	
Celery seed		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 tsp		2 tsp	

3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt  $\frac{1}{2}$  cup) into each shallow pan (12" x 20" x 2  $\frac{1}{2}$ ") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Portion with No. 16 scoop ( $\frac{1}{4}$  cup).

## Notes

\*See Marketing Guide.

### Special Tips:

- 1) For best results, shred cabbage and store overnight; add dressing just before serving.
- 2) If recipe is prepared in advance, the yield will be reduced.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Cabbage	4 lb 4 oz	8 lb 8 oz
Carrots	8 oz	1 lb
Green peppers	4 oz	8 oz

Serving	Yield	Volume
1/4 cup (No. 16 scoop) provides 1/2 cup other vegetable	<b>50 Servings:</b> about 5 lb 3 oz  <b>100 Servings:</b> about 10 lb 6 oz	<b>50 Servings:</b> about 3 quarts ½ cup 1 pan  <b>100 Servings:</b> about 1 gallon 2 ¼ quarts 2 pans

Nutrients Per Serving					
Calories	33	Saturated Fat		Iron	
Protein	1 g	Cholesterol	3 mg	Calcium	19 mg
Carbohydrate	5 g	Vitamin A	1005 IU	Sodium	77 mg
Total Fat	2 g	Vitamin C	11 mg	Dietary Fiber	1 g